**Notes:**

**Saturday Day 0**-

* Go Shopping

**Sunday Day 1**-

* Put stew Meal together: everything raw and mixed in large ziplock – store in fridge till tomorrow
* Make Spinach Artichoke dip and cut up veggies for snacks for the week:
  + ½ red pepper
  + Carrots
* Cook Chicken for Mon/Wed/Thur lunch – 2 pieces of chicken- keep in fridge and make chicken salad morning of each meal. One chicken salad you’ll have for lunch today.
* Peel the banana’s cut them in half and put in freezer bag for smoothies.
* Set blueberries out to thaw if you want them on your salad at lunch tomorrow. And put salad dressing in a container to bring to lunch tomorrow. (Put 2 parts oil to 1 part vinegar in small container with salt and pepper)
* Pack some spinach artichoke and veggies for a snack for tomorrow (and every day this week)
* Freeze whole chicken until Wednesday night

**Monday Day 2**-

* Make spinach salad and top with plain chicken with 1/2 avocado sliced or mash the 2 together into a chicken salad on top of the spinach salad.
* Put stew in the crock pot in the morning or when you stop home during the day (if you do)
* After dinner put a lunch portion of stew in a container for lunch tomorrow.

**Tuesday Day 3**-

* Can add a few nuts <10 if you find yourself hungry at lunch.

**Wednesday Day 4**-

* If you have more left over curry you can have it for lunch instead of or with the chicken salad
* You can make a salad to go with your stew at dinner.
* Put the chicken in the fridge to begin thawing

**Thursday Day 5**-

* Use up leftover veggies in the stir fry. Rinse noodles under warm water to begin to soften then add to stir fry to cook for a few minutes.

**Friday Day 6**-

* Cook all the brussels sprouts, but f you don’t eat all of them save them for lunch tomorrow

**Saturday Day 7**-

* When you cook breakfast save half of it for tomorrow morning.
* At lunch you can set up Antipasto and you should have Brussels sprouts from last night left over to munch on too and finish any stew (any you don’t eat you can freeze it if there is enough left).
* After dinner when you clean the rest of the meat off the chicken and start the chicken carcass in boiling water with a splash of apple cider vinegar, bay leaf and veggies to make broth for soup tomorrow – make in soup pot or crockpot. I prefer crockpot. Follow recipe 24 for broth instructions

**Sunday Day 8-**

* The detox plan assumes that you shop during the day Sunday, so it includes Sunday’s breakfast in the previous week’s groceries.